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ENRICHED MACARONI

a good choice for the thrifty family



With Iron and Vitamins added

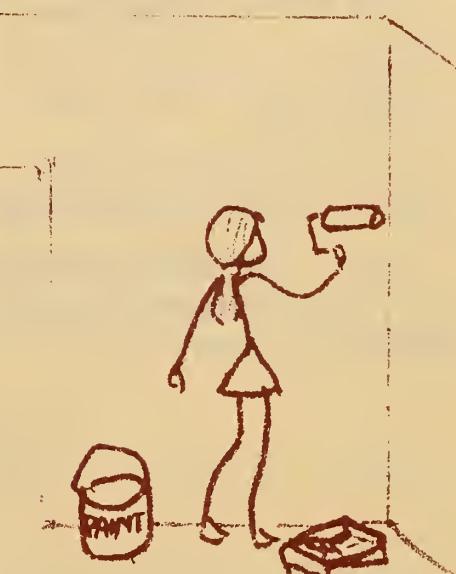
Gives Energy for Work
and for Play



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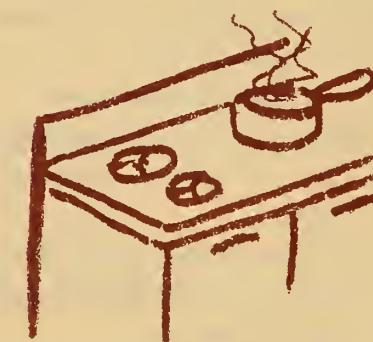
Use Cooked Macaroni-

Plain -with Butter or Margarine and
a dash of Garlic Salt

Top-of-Stove- in soups, with
cheese or with tomatoes

Baked- with meat in a casserole

Cold-in a salad with crunchy
vegetables like



Green
Pepper



Onion



Celery



- Fluid milk made from nonfat dry milk may be used in these recipes.

COOKED MACARONI

1 teaspoon salt
6 cups water
2 cups uncooked macaroni

Add salt to water in a large pan. Heat to boiling.

Stir in macaroni. Boil 10 to 14 minutes until tender.

Drain off cooking water.

Makes 4 cups cooked macaroni.

Note: For 3 cups cooked macaroni, use 1½ cups uncooked macaroni. Follow other directions above.

MACARONI CHILI CON CARNE

1 medium-size onion
½ green pepper
2 cloves garlic, if you like
1 tablespoon fat
½ pound ground beef
2 cups cooked or canned tomatoes (see Note)
2 cups drained, cooked or canned kidney beans
1 ½ cups bean liquid and water
1 tablespoon chili powder
2 teaspoons salt
1 cup uncooked macaroni

Chop the onion, green pepper, and garlic (if used).

Heat fat in a large pan. Cook chopped vegetables and meat in the pan until lightly browned. Drain off fat.

Add rest of ingredients. Heat to boiling. Boil gently about 15 minutes until macaroni is tender, stirring to keep from sticking.

Makes 6 servings, about 1 cup each.

Note: Use 1¾ cups tomato sauce in place of the tomatoes, if you like.

MEAT, EGG AND MACARONI SCRAMBLE

½ small onion, if you like
2 tablespoons fat
4 eggs (see Note)
¼ cup fluid milk
1 cup cooked macaroni
1 cup cut-up, canned chopped meat or canned luncheon meat

Chop onion (if used). Brown lightly in fat in a heated fry pan.

Put eggs and milk in a bowl. Beat until well mixed. Add macaroni and meat.

Put egg mixture in the pan. Cook over medium heat about 5 minutes until eggs are well cooked. Turn a few times during cooking, but do not stir.

Makes 6 servings, about ⅔ cup each.

Note: In place of eggs and the milk, 1 cup packed dry egg mix and 1 cup warm water may be used.

SPANISH MACARONI

½ green pepper
1 large onion
1 clove garlic, if you like
1 tablespoon fat
1 pound ground beef
2 cups water
3 cups cooked or canned tomatoes (see Note)
2 cups uncooked macaroni
2 teaspoons salt
1 teaspoon worcestershire sauce, if you like

Chop the green pepper, onion, and garlic (if used).

Heat fat in a large pan. Cook chopped vegetables and meat in the pan until lightly browned. Drain off fat.

Stir in rest of ingredients. Heat to boiling. Boil gently about 15 minutes until macaroni is tender, stirring to keep from sticking. Add water for thinner sauce, if you like.

Makes 6 servings, about 1 cup each.

Note: Use 1 cup tomato sauce in place of 1 cup of the tomatoes, if you like.

ONE-PAN MACARONI AND CHEESE

3 cups hot, cooked macaroni
2/3 cup warm water
2/3 cup nonfat dry milk (not instant)
or 1 1/3 cups instant nonfat dry milk
1 1/2 cups cut-up cheese

Leave drained macaroni in cooking pan.
Mix warm water and *dry* milk. Add to macaroni.
Add cheese. Cook and stir gently until cheese melts.
Let stand a few minutes after cooking for thicker sauce, if you like. For thinner sauce, add a little water.
Makes 6 servings, about 2/3 cup each.



SWEET-SOUR PORK ON MACARONI

2 green peppers
2 tablespoons fat from pork
1/3 cup sugar
3 tablespoons cornstarch
1 3/4 cups pork broth (without fat) and water
1/3 cup vinegar
1/4 cup soy sauce
2 cups cut-up, cooked or canned pork
1/2 cup raisins
3 cups hot, cooked macaroni

Cut green pepper in 1-inch pieces. Cook in the fat in a heated fry pan about 10 minutes until tender.

Mix sugar and cornstarch. Mix in broth and water, vinegar, and soy sauce. Put in the fry pan. Cook and stir until sauce is clear and thickened.

Add meat and raisins. Heat.

Serve on macaroni.

Makes 6 servings, each 3/4 cup sauce and 1/2 cup macaroni.

CHINESE-STYLE MACARONI DINNER

4 stalks celery
1 medium-size onion
1/2 small or medium-size head cabbage
1 tablespoon fat or oil
2 tablespoons cornstarch
1 1/2 cups meat broth and water
1/4 cup soy sauce
1/2 teaspoon salt
2 cups cut-up, cooked or canned beef or pork (see Note)
4 cups hot, cooked macaroni

Cut celery in short, thin strips. Thinly slice onion. Chop the cabbage.

Heat fat or oil in a large fry pan. Cook celery and onion in the pan until lightly browned.

Mix cornstarch, broth and water, soy sauce, and salt; put in the pan. Cook and stir until sauce is clear and thickened.

Stir in cabbage and meat. Cover and boil gently 3 to 5 minutes just until cabbage is tender.

Serve on macaroni.

Makes 6 servings, each about 3/4 cup sauce and 2/3 cup macaroni.

Note: Use 1 pound of ground beef in place of the canned meat, if you like. Cook it in the fry pan with celery and onion. Drain off fat.

TUNA AND MACARONI

2 cups hot, cooked macaroni
1/4 small onion
1 chicken bouillon cube, if you like
3 tablespoons flour
1/2 teaspoon salt
2 cups fluid milk
1 can chunk tuna (6 1/2 to 7 ounces)

Leave drained macaroni in pan.

Chop onion and bouillon cube (if used). Add to macaroni.

Mix the flour and salt with a little of the milk until smooth. Stir rest of milk and the flour mixture in with the macaroni. Cook and stir gently until thickened.

Add tuna. Heat, stirring to keep from sticking.

Makes 6 servings, about 2/3 cup each.

Cooked Macaroni

1 teaspoon salt



6 cups water



2 cups macaroni



use a big pan



Drain off cooking water



Add salt to water in a large pan.
Heat to boiling. Stir in macaroni.
Boil 10 to 14 minutes until tender.
Drain off cooking water.
Makes 4 cups.

MACARONI SALAD

2 stalks celery
1/2 small onion
1/2 cup mayonnaise or salad dressing
1 tablespoon vinegar
1 tablespoon sugar
1 teaspoon prepared mustard
1 teaspoon salt
1/4 teaspoon pepper
4 cups cooked macaroni, cooled
2 hard-cooked eggs

Chop the celery and onion.
Mix all ingredients except macaroni and eggs in a large bowl.
Add macaroni. Cut up eggs and add. Mix lightly. Chill before serving.
Makes 6 servings, about 1 cup each.

MACARONI AND CHEESE SALAD

Use recipe for Macaroni Salad. Add 3/4 cup cut-up cheese.

BEEF-MACARONI SOUP

2 stalks celery with leaves
1 medium-size carrot, if you like
6 cups beef broth and water
2 beef bouillon cubes
2 teaspoons salt
2 cups cut-up, canned or cooked beef
1 cup uncooked macaroni

Cut celery in thin 1-inch pieces. Finely chop carrot (if used).

Put all ingredients except meat and macaroni in a large pan. Heat to boiling.

Stir in meat and macaroni. Boil gently about 15 minutes until vegetables and macaroni are tender.

Makes 6 servings, about 1 cup each.

CHICKEN- OR TURKEY-MACARONI SOUP

Use recipe for Beef Macaroni Soup. Use canned or cooked chicken or turkey and chicken bouillon cubes in place of beef and beef bouillon cubes.